Workbook

The Annihilation Method

The Neil Strauss Method

Seduction Blueprint

ANNIHILATION METHOD WORKBOOK

INTRODUCTION

Thank you all for reading and watching. I'm not going to tell you too much about my background, because it's all in my book. What I will tell you is that I went from the world's worst AFC to the world's greatest pickup artist in about two years. And I believe that anyone listening can do that...if they go about it right.

So I'm going to teach you how to go about it right.

Please note that I have left plenty of space on each page after each lesson, so that you may take notes and write down routines and pointers from the DVDs.

Let me tell you all why I'm doing this. It's because I spent two years in this community of pickup artists. And I watched some people rapidly improve and others go nowhere, spinning their wheels. I interviewed every pickup artist, every student, and every woman. I researched this all the time. And I learned something: most of the people out there are learning this wrong. They're only learning to exercise one muscle. It's like going to the gym and just doing curls. Sure, you'll be able to beat anyone at arm-wrestling, but you're going to look like a freak.

I'm going to start out by giving you some theory, then I'm going to give you some practical tools. When I started, all I wanted were the routines and lines; now the theory and overall truths and guidance are what I crave. So you're all going to get DVDs so you can hear this when you're ready for it...and so you can practice and hear the proper delivery of the routines.

PART I

A lot of you have heard of the Annihilation Method. I called it the Annihilation Method because I want to build a new you that will annihilate all competitors. The two biggest clichés of dating advice are:

- **Just be yourself**... should be your best self

And

- **Be confident**... which is impossible without success. Success breeds confidence. We're going to learn how to have success.

Simple formula: **be interesting and interested**... **be confident and competent**.

The Annihilation Method is a workout program for every single muscle that is you. I want you firing on every single cylinder. When you are meeting a woman - just like when you're going for a job interview or at a family reunion or trying to get upgraded to first class on an airline - everything counts.

It has three elements: who you are, what you do, and when and how you do it.

For who you are there are the L.A.S. V.E.G.A.S. traits of a desirable man, for what you do the five sequential steps, and for when you do it, the basic principles of calibration. This is ALL you ever need to know.

There's a very famous woman who has a dating theory. She calls it the five-pronged theory of dating. You have to measure yourself in terms of:

- Looks
- Money
- Intelligence
- Personality
- Character
- Status and Prestige

You have to measure your points in these categories against those of a woman, and if they match you're suited to each other, she says. And she tells guys not to try for girls out of their league.

Guess what? This is a load of **horseshit**. You don't need looks, money, or any of that. I know because I had neither when I started this thing. Looks and money are symbols of deeper things that women are looking for. And all of those deeper things are within the grasp of anyone. This is the Annihilation Method: to give you all of those qualities and give you a road map to acquire them that requires nothing but learning and practice.

PART II

Before we get to the annihilation, let's discuss how to learn.

What Separates a Chump From a Champ? Why do some people learn quickly while others languish?

1. Are you in the field or an internet and seminar junkie?

2. Small chunk knowledge, and deal with challenges as they arise. Work out problems in real life first, and then in your head. Not the other way around.

3. Understanding the unconscious incompetence to unconscious competence model.

4. Willingness to go through the pain period and leave the comfort zone. Schwarzenegger: *This last two or three or four repetitions, that's what makes the muscles grow. That's what divides one from a champion and one from not being a champion. If you can go through the pain period, you make it to be a champion. If you can't go through it, forget it. And that's what most people lack: having the guts - the guts to go in and just say… "I don't care what happens." I have no fear of fainting in the gym… I threw up many times when I was working out. But it doesn't matter, because it's all worth it.*

5. Separating useful from useless learning.

6. Willing to test ideas even if they don't seem logical.

7. Understanding the principles behind the ideas when they work for you.

8. Learning from mistakes, and knowing that nothing's impossible. Getting rid of limiting beliefs.

9. Who do you blame? It's never her fault. It's always yours. Willingness to examine yourself and take criticism without taking it personally.

10. Push it twenty percent further than your knowledge…failures are learning lessons.

11. Look at the questions you're asking to see if you're on the right course. Are they helping or are they neurotic?

12. Hang out with someone better than you. Earn their trust and mentorship by being promising but non-threatening.

13. Is your ratio of effort to results increasing? If not, you must examine what you're doing, because you're doing it wrong.

PART III

To get better, you need a wing or a group of wings who you trust. And both of you need to be honest with each other. Tell each other things your friends never would. If you don't take it personally and understand that it's constructive and subjective, you will do well. It's important to ask, when possible, someone's FIRST IMPRESSION of you, and have them be unafraid to be critical. The feedback is important.

EXERCISE:

Question 1: Why do you want to learn this?

Question 2: Ask yourself again: Why are you really watching this program?

Question 3: Now, ignore the above answers, and reach deep into and honest place and really put it down on paper once and for all: Why are you doing this?

EXERCISE:

1. Describe how you appear to others in a simple sentence or two.

2. Draw a simple portrait of yourself now.

3. Now, describe how you'd like to appear in a year from now in a simple sentence or two.

4. Draw a simple portrait of yourself a year from now.

SAVE YOUR ANSWERS TO QUESTIONS THREE AND FOUR; REFER TO THEM OFTEN...UNTIL YOU BECOME THEM.

Each of the below is ranked from one to five, with average being one and five being reserved for being in the top one percent in the world. Note: If you do not possess this quality, you get ZERO points; only give yourself a point if you are AVERAGE OR ABOVE.

In general, you need six points for a low quality woman, ten points for an average woman, eighteen for a high quality woman.

WHO YOU ARE

You want to be **LAS VEGAS**

We will go into this in depth later, and give you each of these qualities, but for starters these are your long-range goals. They are not just inner game but your end game. Very simple to say and learn, very complicated to do. Each of these steps has many sub-steps, but we will outline them briefly.

LOOKS: Well-groomed and standing out. Belonging to a tribe that she wants to be part of, or at least visit.

SOLUTION: Stylist, female panel, hair person, clothes shopping

ADAPTABILITY: this is where humor and intelligence come in. (It's why uptight guys don't get laid.) It's her being able to introduce you to her friends/family for peer approval. It's where adventurousness, spontaneity, independence, risk-taking, and the ability to handle new situations. Exciting to be around, in the moment. It's being able to be fun in a club, mannered with her family, and a total jerk with your male friends. Quote: "The species that does not adapt is doomed to die."

SOLUTION: Travel. Cultural knowledge. Exposure to new things and unfamiliar situations.

STRENGTH: Defined not as physical strength, but the ability to protect her. This is done traditionally through either money or muscle, but through decisiveness, non-wussiness, useful practical knowledge, an ability to "take care of things," taking charge, assertiveness, living in your own reality, and the ability to make her feel safe. Also moral strength and values (good or bad but strong) that make her feel safety and comfort. Loyalty.

SOLUTION: Become self-correcting in your response patterns.

You are constantly being tested for your ability to do this for a chick. So here's a small checklist:

1. Make decisions. Don't ask her what she wants, though it's okay to find out her preferences.

2. Don't change your opinion based on what she thinks in order to please her or get rapport. It's only okay to change them if she persuades you logically.

3. Know your environment. Know how to get places, what to do, what's cool.

4. Be an effective communicator, able to get others (waiters, door-people, taxi drivers) to respond.

5. Be seen as the leader of a group and other men.

6. Have rules.

7. Storytelling: about protecting a girlfriend from a threat cause it's your nature, about ejecting someone from your life for an infraction because you have a "zero tolerance policy."

8. In situations where people are confused or indecisive, take charge.

9. Not tolerating bad behavior from her or letting her manipulate her like she does other men or her father.

10. Storytelling techniques. Wearing a shoulder holster.

VALUE: Standing out. What makes you different than all the other guys she should meet…being interesting, being excellent…entertaining…chick crack…"women want to learn from men"…"being an authority over her world"…leader of men. Also includes external value: social proof, leader of your group, being seen as attractive to others.

SOLUTION: Learning DHV routines, learning to play social proof like an instrument, making sure she's bending to meet you on your reality and note vice versa.

EMOTIONAL CONNECTION: Chemistry, emotional connecting, having a quality that makes her feel emotionally excited and focused around you. Finding yourself laughing together or saying things at the same time. Commonalities. Can also include emotional qualities like being compassionate, caring, sensitivity, having a tender side. Confessing mutual deep secrets you've never told anyone before.

SOLUTION: Style's EV, vulnerability story, NLP, "me too" tactics, letting her project

GOALS: This is not defined by what you do, but by what you're capable of doing. Success isn't necessary, just a clear path towards it. Goals. A dream. Hunger for life. And not just ambition but potential. Women as A&R scouts. Possibly creativity. Stability.

SOLUTION: Identify your identity today, where you want to be five years from now, how you're going to get there.

AUTHENTICITY: This means that who you present yourself to be on the outside must be the same as who you are on the inside. It's a person who is happy with and likes himself. However, real life has contradictions, and that's okay. It's also accepting your imperfections because they make you human,. And having a duality or a contradiction or complications make you more compelling and rich as a person.

SOLUTION: This is the last step. It's true inner game. It's mastery. And it's the most attractive of all these qualities.

SELF-WORTH: Confidence, which is high status behavior (cocky funny, non-neediness). Not being afraid to take up space in the world or someone else's time. “I just bench pressed the world.” Sense of worthiness. Lack of desperation. Having opinions and sticking to them, even if they conflict with hers, but at the same time not being afraid to admit you're wrong if you are.

SOLUTION: Success. Affirmations. Self-correcting body language and frame control.

EXERCISE:

1. Rank yourself in points on Las Vegas.

2. If possible, rate a wing or two and have them rate you. (Notice where your opinion of yourself differs from theirs.).

3. Where do you need to do the most work on yourself?

NOTE: KEEP THIS AND, AS YOU GET IN THE FIELD AND IMPROVE YOURSELF, RE-RATE YOURSELF EVERY MONTH.

PART IV

WHAT YOU DO

Simple model:

- Open
- Demonstrate Value
- Create an Emotional Connection
- Create a Physical Connection

Full model:

PART ONE: GETTING INTO THE GROUP

STEP ONE
OPENER
Do improvised or canned opener
Root the Opener
Give yourself a time constraint ("I can only stay for a minute because I'm with my friends over there")
Body language as if you're about to leave
Convey personality, smile, but don't be over-enthusiastic (energy level equal to or higher than the group)

STEP TWO (you can also fractionate opener to do this)
BREAK INTO THEIR WORLD
Convey active disinterest
Best friend test
Make perceptive or teasing comments about them
Insert challenges

***PART TWO*: MAKING THEM WANT TO KEEP YOU**

STEP THREE
DEMONSTRATE VALUE
Use gimmick, magic, psychic routine, humor, game, whatever

STEP FOUR
CALIBRATION WEIGHPOINT
Option 1: Takeaway or false takeaway
Option 2: Join the group, mid-story or routine, but again give yourself time constraint
Option 3: Stay in group
Option 4: Pawn for another group

***PART THREE*: CONNECTING WITH HER**

STEP FOUR
BUILD RAPPORT
Isolate it possible, physically or verbally
Qualify
Elicit Values
Find Commonalities
Let Her Share

STEP FIVE
CLOSE
OPTION ONE: #close
OPTION TWO: Isolate target, phase shift/seduce, and *close
OPTION THREE: Instant date. Stay in group (or return to group) so that you end the night with them. Take group elsewhere. Try to get to target's house, or get her to your house

PART V

When and How You Do It

This is Calibration, but skewed in the "it's always on" direction

It's about reading the dynamic of the group or the women and knowing what to do next, even if it's something I've never done before.

If a woman comes up to you in the bar, rubs your chest, and says you're cute, what do you do? An opinion opener will bore her; a DHV is unnecessary. You go right to the last step. It's okay to open with that if that's where she's at in her process.

When you get good at the routines in the above step, you can not worry about you're saying and start watching your body language and attitude and how it affects them.

Experiment with standing too close to a woman and seeing how she reacts; too far away. leaning in, not leaning in. Looking straight on at her or at an angle.

All these things will affect her behavior.

Your positive body language should be a reward for HER good behavior.

Now unlike the steps above, most of the calibration we're going to learn in the field. However, here are a few exercises to start thinking about.

To me, calibration is the key to everything. However, it can also be a trap. If you over-calibrate, you worry too much and respond to small signs that don't matter. So go in with the attitude that "it's always on" and "everything she does is an ioi," yet at the same time be conscious to give her what she needs.

First, you're basically looking for three responses:

- Positive - green light - go forward
- Neutral - yellow light - proceed with caution
- Negative - red light - stop what you're doing

Most often we're going to be dealing with yellow lights:

If she needs you to have more value:

- Show disinterest (through words or body language)
- Neg and tease
- DHV someone else

If she needs more attraction:

- Push-pull
- Jealousy plotline
- Become the source of her validation
- Arousal talk

If she needs trust:

- Listen and be interested
- Positive body language
- Sincere IOIs/SOIs
- Qualification
- Style's EV

If she needs to be more comfortable:

- Time constraint
- Social Proof
- Win over her friends

You goal is to do what it takes to get the green light. However, if you stay at a green light to long, it can turn yellow. So you need to figure out what's at the next intersection. So the real second goal of calibration is: Figuring out where she's at in the process and where she needs to be taken next.

The next step of calibration is figuring out who she is:

- What personality type she is?
- Does she have high or low self-esteem?
- How sexually open or reserved she is?
- What her self-image is?
- What she does for work?
- Is she an older/young sibling, close to mom/dad?
- Is she a physical, kinesthetic, or intellectual type?
- What are her needs?
- Where is she in life and what is she looking for?

All these things will help tell you how to proceed and what to use.
There are no rules, only guidelines.

Some women love to be coldread; they'll start your local fan club if you do it well. Others bristle when you start to do it and will start confronting you about "what gives you the right to say those things about someone you don't even know?"

You have to know when to cut the thread (because it's a bad one leading to a bad place) and move on to something else.

So the question is: How do you learn calibration?

The answer is: get feedback on your thoughts

A good way to practice calibration, and it's a fun thing to do on a date as well, is to choose two people elsewhere in the room. Then guess what their story is, what their relationship is, what they do for work. Then ask them and find out. It makes a good opener too. (Just ask them in a non-judgmental way and out of genuine curiosity and you'll be okay.)

Try that also on dates: ask her if she's had an older sister/younger brother/whatever, if she was closer to her mother/father, if she was popular/unpopular at school. Make guesses first, then get the feedback. Once you learn, you'll be phenomenal in the field. People will think you're a psychic.

PART VI

Okay, let's get down to the fun stuff.

EXERCISE: Before you read this, write down what you say to start a conversation with a woman you've just seen across a room?

Note: If you don't have an answer, you will shortly. If you have an answer, compare it to the techniques below when finished.

Okay, let's get down to the rules of opening. What I'm going to teach you is not just the openers but also the structure behind them so you can come up with your own.

Also, this is how I do it. It's my formula broken down step by step. Use it as a guideline, but ultimately do what works for you.

General principles of opening:

1. Club is a performance, from the moment you walk in. Never be caught looking around and not having fun.

2. Three second rule.

3. Equal or higher energy level (includes smiling, positive non-needy energy)

4. Passing by, about to leave body language

5. Root your opener (answer the question: why are you asking us this?)

6. Don't lean in or hover. Stand up straight and, if the music's too loud or she's seated, talk louder.

7. Time constraint (answer the question: how long are you going to hang around?)

8. Neutral entertaining opener: don't waste questions on your friends, ask them outside; they should come from a place of genuine CURIOSITY and SPONTANEITY. With C & S and a little charm, you will never get rejected.

9. Never begin with a question (or please, excuse me, I'm sorry)

10. Focus on the whole group, and make sure they're always attentive and involved in the interaction.

11. You should be leading/dominant, but hook them with interactivity

12. If she is often hit on, demonstrate active disinterest (through a neg or disqualification)

13. Toss "pebbles" to amp fun/excitement. Note: never deliver a pebble expecting a reaction.

14. Remember that the lines don't matter. They're just excuses to keep your mouth moving while you display your personality.

15. If it's two hot women, pawn.

16. If focusing on guys (ESP when Peacocking), mention an ex girlfriend at some point so they know you're straight.

Opinion Openers: Choose a favorite from the openers below, the full text and proper form of which is included in the DVDs and CDs.

Don't waste questions on friends or the internet…use themes that provoke discussion, fascination, or laughter…

- Jealous Girlfriend
- 80's Dogs
- Dental Floss
- Two-Part Kiss Opener
- Cologne Opener
- Five Oceans
- Spells

People often worry about getting caught with opinion openers. That's why I'm going to give you exclusively NEW categories of openers. I made up opinion openers, and as they started to become widespread, I've held these in reserve. I am going to share them with you now. It is vital that you keep this TOP SECRET.

New category of openers: Oh my God openers

Structure: "Oh my God, did you just see that…"
Or "Oh my God, you look just like…"

Attitude: Spontaneous excitement/surprise.

- Stephanie Ross
- Sister Nora
- Girl Fight

To open a guy in group:

1. Oh my god: Where did you get that shirt from?
   (Ask where they got the shoes/shirt they were wearing, because you used to have it, but you let a girl wear it when she left your house, and you never saw it again. And you want another. You should buy two of every item of clothing you own.)

2. Oh my god, you have the exact same shoes that my little sister made me shop for for six hours. And I bet you got the last pair, didn't you?

3. Hey, do you work at The Standard (or wherever)?
   HB: "No"
   PUA: "well you look just like someone who's a new waitress at the bar and I didn't wan to be rude by not saying hi here now"
   She'll say Nay, I don't work there sorry!
   Then you can go into "Ah so what do you do then?"

4. Oh my god, look at that girls' hair! Do you think she's hiding a gun in it, or a small child? Did I just say that out loud? Was that rude? Don't worry…your hair's fine. (Roll eyes jokingly)

Troubleshooting: if caught, say, "Omg, my friend wrote that book. We were arguing about whether that stuff really worked."

CALIBRATION: Their responses will tell you whether you're doing it or not.
If they ask if it's a pickup line, it doesn't appear spontaneous. Or you didn't disqualify.
If they get uncomfortable and want to leave, you didn't do time constraint or came in too direct with BL.

If they ask if you're taking a survey, you didn't root.

Part VII

After the opener:

1. Rock as if you're about to leave.
2. Ask as an afterthought "How do you all know each other" (credit: Mystery) to determine the relationships.
3. Discuss fishing line theory
4. Hook them with an observation that leads to a DHV, IVD, etc.
5. If they are seated, sit down but with a time constraint. If they are standing and you're in an outside position, lock in.
6. DHV if necessary to hook set
7. Oversell your friends to make wing entrance/merging easier.
8. Don't jump through hoops, pass shit tests

Wing rules:

1. Enter when the set it on a high (on a low, you'll lose them)
2. Entrance line: Hey, were you just talking about the _____.
3. Pre-prepared accomplishment intro and/or story
4. Add false modesty: Don't tell him I told you; he doesn't like people using him for that.
5. Wing doesn't DHV, but is good natured, positive energy, fun storytelling.
6. Wing aids in isolation and, during isolation, visits only briefly for social proof.
7. Wing does not hit on anyone in set until he's sure who the person who opened the set's target is.
8. Develop finger signaling system (for interest or for names)
9. Always pay close attention to what your wing says, laugh and draw the group into stories ("Oh my god, you have to hear this!")

PEBBLES/Role-Playing/Push-Pull:

1. I can't tell you…I don't know you well enough yet.
2. You're fired.
3. Note to self: do not date this girl.
4. You guys are awesome. You're just like the View. (When they're giving opinions on an opener.)
5. After she says where she's from or went to school, ask, "Do you know Sarah"? (Add if you want "thin, black hair, olive skin") Then, after she struggles to think, say you just made it up.
6. That's it. We're breaking up. You can keep the dog.
7. I want to take that part of you right there (a pinch of fat, an eyelid, whatever) and put it on rice, and eat it.
8. Wait until they say something that can be perceived as a negative trait about them, and then say, as you pretend like you're writing on your hand, "Note to self: Do not date this girl."
9. **Her:** I have to tell you something... **You:** You're pregnant
10. When she mentions a town she's from or a movie she loves or a television show or whatever, say, "Never heard of it." Said really straight and dry, with eye contact. Then, after pausing for a few sections, break into a smile letting her know you're kidding.
11. Hiring for double the salary tease
12. This relationship is not working out.
13. Hey, I just flirt a lot; I don't put out.
14. Use shock intrigue hooks like "I have a confession to make" (I need to go the bathroom/ I need another drink/I'm gay)
15. Let's take this slow... I don't want to get hurt
16. Check this girl out. She's amazing, and so bright and funny. Would you believe she's never had a boyfriend?
17. Get engaged, then break up. Etc.
18. Tell her you're leaving her for a rich older woman who will pay all your bills and take care of you.
19. Do MINI TAKEAWAYS. "We're talking guy talk here. Could you leave us alone for a moment." Then pull her back. "Wait right there. My friends want me." "I'm talking to your friend right now. Geez." Don't be afraid to turn your back on her, and KNOW that she won't go away.
20. Okay, you girls have taken up enough of my time. I have other people to keep company.
21. When she's talking, say "whatever." Or dryly say, "And your point is…"
22. Put her on a point system where you subtract and add points. Start charging her money for things and keep a tab.

EXERCISE:

STOP!

Stop watching the DVDs and going through the workbook RIGHT NOW.

Go out tonight, or as soon as possible, and PRACTICE THE OPENERS AND APPROACH STRATEGIES above BEFORE continuing.

Use this page to write down your:

Field Reports

Sticking Points

Questions

Notes and Affirmations For Self-Improvement

There are only 375 of you. If there is a demand for it, we will create an Annihilation Method forum ONLY FOR YOU, so that we can all discuss your lessons, experiences, and thoughts, and give you feedback as you work through this course.

PART VIII

You've learned how to chase women, now it's time to learn how to get them chasing you.

This is done through techniques gathered from many of the top PUAs in the game (Mystery, David D, Swinggcat, myself, etc).

- Pebbles
- Negs
- LAS VEGAS attitude
- DHVs
- Challenges
- Hardcore Push-Pull
- Disqualification
- Cat String Theory

– Make HER feel like she is winning YOU over

– Keep a running list of lines and responses

– Learn how to push-pull with Body Language

Examples:

1. Make a positive SOI type comment, then withdraw with "I don't know you well enough though" or "too bad you're not my type" or "but I don't think I can trust you" or any of the pebbles below.

2. Keep her reeling with a constant stream of "go away…come here" comments and gestures

3. After hitting the hook point, do a mini verbal takeaway to get them to chase you. Try to set them up with someone else or tell them you can't talk to her anymore or she's bad news.

4. Quick succession of opposing comments…"Oh my god, I always fall for southerners…I hate you….actually, let's get married…right now…that's it, I'm breaking up with you…that's awesome; we have to renew our vows right now…no, we're divorcing, and this time it's final….but we can't divorce, what about our grandchildren, all 17 of them."

5. Constantly accuse them of being trouble and the kind of woman that your mother warned you about OR, conversely, tell them that YOU will break their heart and sleep with their friends.

6. Tease her: take cigarettes she's about to light out of her mouth and pretend to throw them across the room; make her work for anything she wants you to pass her; say, "oh my god, your purse is gone!" then smile wickedly and say "sucker" when she freaks out; whatever a schoolyard bully would do.

7. Do NOT touch her early to cop a feel; touch her to tease her. Swing her around, pick her up and pretend to weigh her, move her out of your way; flip her; pinch her cheeks; whatever.

8. Cocky Funny: she's hitting on you, she's messing up her chances with you, YOU are the 10, YOU are the sexual object, she is inconveniencing you, she wants you, she's moving too fast, etc.

NOTE: Once you get attraction and rapport, you can drop most of this.

PART IX

FASHION CONSULTATION

Get a woman, a trustworthy store saleslady, a wing, a PUA teacher, or SOME TRUSTED SOURCE FOR FASHION to critique and aid you in the following categories:

- Style
- Fashion
- Clothing
- Accessories
- Hair
- Grooming
- Optional Male Makeup

PART X

Now...the REALLY fun stuff...

DHVs AND IVDs

Introduce them in a non-needy way. Not to impress them. It's something you just learned and you want to practice, for example. Or tease it and make them ask/beg.

IVD #1: Best Friend Test
Style: Okay, I have to ask: how long have you guys known each other for? (If you think they're sisters ask, Are you guys sisters or best friends?)
HBs: blah blah
Style: See, I knew that.
HBs: How could you know that?
Style: I'll show you. In fact, I'll give you the best friend test.
HBs: (they always get excited here-they love tests for some fucking reason)
Style: Okay...(pretend like I'm about to ask a serious question-you're hooked, right, so you know they're already hooked)...do you both use the same shampoo?
HBs: (look at each other, and then open their mouths to answer)
Style: Okay, the answer doesn't matter. You already passed.
HBs: ???????.
Style: See, if you weren't close to each other, you'd keep eye contact with me as you answered. But if two people have a connection, they look at each other first. Kind of like you're doing right now.
HBs: giggle (This is where the seduction newbies you just met see you making two strangers laugh and think you're a PUA God, LOL)
Style: See, you don't even need to say anything to each other. It's like you just communicate telepathically.

Then, there are a million places to go from here: Often they'll just open up and start telling you about how they met. (Now you're REALLY in.) If one looked at the other one first, then you say that she is submissive and the other is dominant in the friendship. (Can be a great neg.) If they want more, I get personal here and ask, "Has one of you ever kissed someone the other person dated?" They fucking love this one - but don't make it your first question. You can also use the telepathy line to launch into a mind-reading/cold-reading routine if you do that. You'll figure the rest of this out as you do it in the field.

IVD #2: Cs vs Us
This one is based on a true story, from a woman I met. But don't present it as if YOU believe it. Present it as if it's some crazy story you heard.

Style: Smile again for me.
HB: um, okay.
Style (to wing): See, she's a U.
HB: ????
Style: I dated a girl who wanted to be a pop star. And she had a theory that people with U-shaped smiles were perceived as unfriendly. And people with C-shaped smiles were perceived as friendly.
HB: So what's a U then?
Style: A U is when your teeth go straight back in your mouth (can add "kind of like a horse" if she's a SHB). A C is when there's a big row of pearly whites in the front. And to my ex, it was more than a theory. She actually got her teeth surgically reshaped from a U to a C.
HB: No way.
Style: And she had me go look at pictures of like Christina Aguilera, who is a U, and Britney Spears, who is a C. Look at the cover of Us or any magazine, and you'll see that it's always a C smile on the cover.

From here, me and the target start inspecting the teeth of random strangers looking for the perfect C or U. It's fun. This next section isn't part of the IVD, but this is the rest of the routine if you want it:

Style: It's crazy how many plastic surgeries they have for celebs now. She had her eye makeup and her lipstick tattooed on, and when she changed her hair color, she had her lips re-tattooed. (If the HB seems open-minded, I continue with the following:) And do you want to hear the grossest thing? One day I noticed that she had two round dots on her upper thighs. She worked out two hours a day and was super-fit, but evidently she got lipo too. But here's what's crazy. Because she used to work as an exotic dancer, she got the fat injected into her labia so that she always looked aroused. (I REALLY say this to HBs...and then I smile, say "goodbye" as if I'm embarrassed, and start to jokingly leave.)

Then I throw in this joke, with credit going to Nightlight9: She was from LA, and you have to be careful with them. Whenever you go out with girls in LA, everything can be really fake. Fake hair (point to your hair), fake eyes (point to eyes), fake nose (point to nose), fake teeth (point to teeth), fake breasts (cup your breasts). You have to take them to the doctor first to find out which parts are real... They put her through a machine, and you get a print-out at the end."

IVD #3: Name Mnemonics
HB: What's your name?
Style: I'm Style.
HB: I'm Janet. This is Donna. And that's Tony.
Style: Okay.....Janet...Donna...Tony. You know, I used to be really bad with names.
HBs: Omigod, I'm so bad with names.
Style: But you don't have to be anymore. Here, I'll show you in two seconds. All I do when I'm introduced to you is make a picture in my head. So if you're Janet, I picture you with the head of Janet from Three's Company. No offense. And for Donna, I just picture like the dawn, and the sun rising over your head. And for Tony, I see you on the front of a box of Frosted Flakes. Here, I'll show you.

Now, in the old days, I'd have them memorize my whole name: First, Middle, and Last. But it came off as too gimmick-y. Now, I grab my wing, or a stranger in the club (like another girl I want to meet) and teach them how to memorize his/her First, Middle, and Last name. Learn about mnemonics if you don't know this. But for it to work, you MUST have them really SEE the picture in their minds. It also becomes fun testing them later in the Sarge to see if they still remember.

IVD#4: Eye Accessing Cues

Up=visual - invented/remembered
Side= auditory - invented/remembered
Down = kinesthetic/talking to self
Straight Ahead (rare) = visual

Segueway into the following (demonstrated on the DVDs)…

The Two Lying Games
1 - Eye-accessing cues
2 - Interrogation

NOTE: DO NOT READ THE FOLLOWING IVD UNTIL YOU HAVE SEEN IT DEMONSTRATED ON THE DVDs.

IVD #5: Birthday Guessing

This is the code for part I of the Black Mirror Technique demonstrated on the DVDs. Part II can be found in the very short Kenton Knepper handbook, Completely Cold. A powerful double-whammy, so powerful in fact that you'll never have to DHV again afterward.

1. I
2. So/Go
3. Try
4. Will
5. Would/Could
6. Please
7. Quickly/Perhaps
8. Now
9. Alright
10. 0/10-Okay

If psychic misses a cue, say, **"You're a hard person to read."**

If wing messes up a cue, say **"delete"** to erase what was just said.

IVD #6: The Cube

Quick reference to the Style version:

Horse = self-image
Ladder = ambitions in life
Flowers = close friends and loved ones
Horse ideal man
Storm = problems in your life and the way you let them effect you.

(see performance and further instructions on DVD)

PART XI

PLAYFUL GAMES

- Napkin Tearing
- The Five Questions Game
- Mouse Race
- Dogjaw
- The Amazing Dollar Bill Miracle
- Toast/Milk Riddles
- Fuck, Marry, Kill
- Drink Balancing on Thumbs
- Pen 15 Club
- **CHANGE RIDDLE:** Have penny, nickel, and dime in your hand. Ben's mother had three children: the first one was penny, the second one was Nicholas, and the third one is?
- Break pencil with dollar

EXERCISE:

STOP!

Stop watching the DVDs and going through the workbook RIGHT NOW.

Go out tonight, or as soon as possible, and PRACTICE DHVs above BEFORE continuing.

Use this page to write down your:
Field Reports

Sticking Points

Questions

Notes and Affirmations For Self-Improvement:

Once you've successfully demonstrated two DHVs and generated interest or attraction from them, then continue on to the final part of the program.

PART XII

REMINDER:

Rules of Learning:

- Not taking it personally
- Chasing once they get one IOI.
- Winning over the obstacle - even actually attracting her.
- Being too afraid to walk away
- Expecting a reaction; being needy with routines.
- Understand the structure and you'll never run out of things to say
- Take it less seriously, have fun, blow it for the hell of it

PART XIII

Rapport, Qualifying and Emotional connection

- Style's EV
- "Name three things about yourself that would make me want to get to know you better...and none of them can be about your looks."
- "Me, too" and "Whoah, I was just about to say that"
- Mystery's 26,000 days routine.
- Commonalities, then bond over you two being the only ones in town who feel that way
- Open Loops
- 100 percent perfect girl
- For another good piece, I suggest research Ross Jeffries' signal attraction routine

QUESTIONS FOR RAPPORT AND EARLY ON

1. If my friends were coming to dinner, what would you cook to impress them?
2. If you could wake up tomorrow with one thing changed about your life, what would it be?
3. If you could change one thing about yourself physically, what would it be?
4. If you had to either have sex with the most repulsive person on the planet (like fat bastard times ten), or die, which would you choose?
5. If right now, you were told that you had one hour left to live, what would you do?
6. If there was a thing you could change in the world, what would it be?
7. What's the most meaningful compliment you have ever got before?

EXERCISE:

What are YOUR standards? What are you looking for? Screen her BEFORE she screens you.

1. Write down the kind of woman you're looking for, then screen them for that. Both positive values (positive energy, able to get along with anyone, adventurous, spontaneous, can live for herself without worrying about peer approval) and negative values (drama, possessive, needy, low self esteem, flakiness, passive aggressive)

Now, when you meet a woman, screen her for these qualities. Let her know that you have standards and hoops that SHE must jump through.

PART XIV

CLOSES

- Reading IOIs
- Kino escalation
- Right hand/left hand
- The ultimate #close: Seeding followed by Paper-Tearing
- The Evolution Phase Shift Kiss Routine
- "You don't know how hard it is.."
- Good Kisser 1-10
- Mystery's Would You Like to Kiss Me Routine
- Instant Dates

PART XV

SECRETS TO MASTERY:

As I progressed through the Game, I constantly wrote down my goals and sticking points. I wrote down what I was good at, what I was bad at, and what I needed to learn. I referred to these notes constantly.

Intelligence – Organization

So:

- Organize your thoughts and progress.
- Write down a routine, step by step.
- Write down sticking points.
- Write down goals.
- Determine what makes you happy?
- Check yourself monthly on the LAS VEGAS scale
- Write down your own stories and routines that make you interesting.
- Ignore criticism from old friends and family members who don't want you to change.
- Make the notes you took on who you wanted to be a year from now your new mantra until you become that person.
- Remember, from above, that one of the secrets to life is not to take it personally.
- Become self-correcting. When you catch yourself slipping back into old habits, which you will, just recognize it and stop it. No need to beat yourself up.
- When you get your first successes, don't get lazy. This is when you must start working harder to internalize what you did right

And here's the key question that helped me determine what I was doing right and wrong:

After you make out with or sleep with a woman, ask her, "When did you first realize you were attracted to me?" (Ask in a playful way that assumes the sale, not in a needy way.) You will get all the FEEDBACK you need.

The answers may surprise you.

Good luck becoming your BEST SELF.

ADDITIONAL NOTES: